

State Individual Championships and State Challenge 2023/24

The qualification process for the State Individual Championships is designed to ensure full fields for each event at the State Individual Championships.

For the Under 9 to Under 13 age groups, there are a limited number of places available in each event for each age group at the State Individual Championships.

The limits are as follows:

Events	Quota
Track events (other than Walks)	16
700m Walk, 1100m Walk, 1500m Walk*	8
Field Events	12

*Walk limit is based on these being conducted as mixed events, i.e. 8 boys and 8 girls.

Athletes may automatically qualify for the SICs by the following means

- (1) Achieving the automatic qualifying standard for the event on at least one occasion during the qualification period.
- (2) For athletes registered with country centres, the top three ranked country athletes in each age group event as at the 31st January 2024 will be invited to enter the State Individual Championships.
- (3) Note: Athletes must nominate for the event for the State Individual Championships to claim their place in the event.

At the close of entries, the remaining places will be filled by comparing the best performances of all athletes that have entered the event, with the best performances gaining a place (subject to minimum entry standards).

Athletes that do not gain a place for an event in the State Individual Championships will be entered into that event at the State Challenge. For example, an athlete that nominates for the 100m but does not gain a place for the State Individuals will be entered into the 100m at the State Challenge.

Athletes can nominate in up to five events. Depending on their qualification status and places available, some of those events may be in the State Individuals and some may be in the State Challenge – they are guaranteed a place in each event they nominate for in one of the Competitions.

There are no limits for Under 14 to Under 17 events.

All athletes must also meet the eligibility requirements for the State Individual Championships

- (1) Be a registered, paid, Little Athletics SA member on or before 31st December 2023.
- (2) Have competed and recorded results in 5 meets with their centre/club within the qualifying period – 1/9/2023 to 18/2/2024.
- (3) Have two valid recorded performance in each event they wish to enter for the State Individual Championships/State Challenge.

Automatic Qualifying Standards

Athletes achieving the following qualifying standards at least once during the qualification period qualify for an automatic place in the State Individual Championships.

The performance of the final non-automatic qualifying place for the 2023 State Individual Championships is shown below in brackets.

Boys Standards

	U9	U10	U11	U12	U13
70m	11.02 (12.00)	10.54 (11.69)			
100m	15.20 (17.14)	15.02 (16.13)	14.39 (15.20)	13.96 (15.05)	13.64 (14.93)
200m	33.27 (36.85)	31.70 (34.73)	30.07 (32.50)	29.35 (31.56)	28.17 (31.72)
400m	1:19.12 (1:25.85)	1:14.92 (1:19.77)	1:10.79 (1:18.39)	1:08.68 (1:17.91)	1:04.43 (1:17.46)
800m	2:54.84 (3:09.60)	2:46.61 (3:02.50)	2:42.50 (2:55.54)	2:36.10 (3:14.55)	2:24.14 (2:52.60)
1500m			5:36.62 (6:15.95)	5:21.32 (6:55.36)	4:56.00 (6:08.49)
Hurdles	11.28 (12.58)	11.52 (13.32)	14.29 (17.21)	14.03 (20.23)	14.38 (18.97)
200mH					32.37 (39.81)
Walk	4:38.90 (5:30.28)	7:18.43 (7:46.83)	7:08.54 (7:31.33)	9:46.41 (11:19.27)	9:21.95 (N/A)
Shot Put	6.39 (5.61)	7.32 (6.37)	8.85 (7.90)	9.55 (8.27)	10.55 (8.08)
Discus	17.97 (15.20)	22.30 (18.82)	24.77 (22.68)	24.66 (20.57)	33.05 (24.66)
Long Jump	3.67 (3.38)	3.81 (3.60)	4.52 (3.84)	4.28 (4.01)	4.76 (4.07)
Triple Jump			8.41 (7.89)	9.07 (8.33)	9.48 (8.70)
High Jump	1.14 (1.06)	1.20 (1.13)	1.32 (1.25)	1.39 (1.30)	1.46 (1.25)
Javelin			20.75 (17.50)	24.06 (17.59)	27.11 (17.46)

Girls Standards

	U9	U10	U11	U12	U13
70m	11.52 (12.85)	11.04 (11.60)			
100m	16.38 (18.06)	15.69 (16.49)	14.91 (16.21)	14.22 (15.11)	13.75 (15.31)
200m	35.30 (43.50)	33.39 (35.77)	31.78 (34.14)	28.89 (32.70)	28.69 (31.12)
400m	1:24.92 (1:36.70)	1:19.59 (1:29.25)	1:13.77 (1:29.51)	1:09.26 (1:19.31)	1:05.47 (1:20.97)
800m	3:11.44 (3:44.19)	3:03.54 (3:34.00)	2:46.98 (3:09.90)	2:34.28 (3:13.91)	2:36.53 (3:14.54)
1500m			5:56.55 (6:58.42)	5:08.05 (6:18.99)	5:46.64 (6:51.78)
Hurdles	11.63 (13.73)	11.86 (13.30)	15.22 (17.94)	15.05 (17.91)	14.74 (21.71)
200mH					33.04 (41.78)
Walk	4:51.17 (6:22.55)	7:31.80 (8:11.39)	7:03.04 (9:04.18)	9:55.33 (N/A)	9:39.83 (10:32.30)
Shot Put	5.65 (3.68)	6.43 (5.32)	7.57 (6.79)	8.50 (6.95)	9.41 (5.11)
Discus	14.89 (8.68)	16.70 (14.16)	23.03 (18.33)	22.50 (16.30)	23.60 (16.92)
Long Jump	3.38 (3.11)	3.67 (3.39)	3.87 (3.42)	4.09 (3.89)	4.41 (4.03)
Triple Jump			8.03 (7.61)	8.61 (8.03)	9.45 (8.13)
High Jump	1.10 (1.00)	1.15 (1.08)	1.23 (1.10)	1.34 (1.20)	1.40 (1.20)
Javelin			16.15 (10.01)	18.77 (16.89)	20.90 (8.55)

Benchmark Performances

Fields for each event at the State Individual Championships are filled by allocating athletes to the events based on their best performance at the end of the qualification period.

Throughout the season, a table of performances will be available at <https://live.salaa.org.au/qualify> which shows the performance that is currently ranked at the limit and twice the limit for each event. For example, for the 100m the 16th and 32nd ranked performance are shown. Athletes who have a performance better than the 16th performance would be on track to qualify for the State Individual Championships. Athletes with a performance better than the 32nd performance would likely still gain a place in the SIC depending on how many athletes ranked above them choose to enter that event.

Minimum Entry Standards

The following events have minimum entry standards. Athletes will not be entered into the State Individual Championships unless their best performance is better than the minimum entry standard.

Age Group	800m	1500m	Walk
Under 9	4:00.00	N/A	7:00.00
Under 10	4:00.00	N/A	10:00.00
Under 11	3:45.00	7:00.00	10:00.00
Under 12	3:45.00	7:00.00	12:30.00
Under 13	3:30.00	7:00.00	12:30.00
Under 14	3:30.00	7:00.00	12:30.00
Under 15	3:30.00	7:00.00	12:00.00
Under 16	3:30.00	7:00.00	12:00.00
Under 17	3:30.00	7:00.00	12:00.00